



Chorizo Scrambled Eggs

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



395 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 oz chorizo sausage cut
- 8 eggs
- 2 tablespoons butter
- 4 slices bacon toasted
- 0.3 cup cilantro leaves fresh chopped

Equipment

- bowl
- frying pan

whisk

Directions

- Remove casings from sausage. In 10- or 12-inch skillet, cook sausage over medium heat about 5 minutes, stirring and breaking up sausage, until no longer pink.
- In medium bowl, beat eggs with whisk until blended.
- Add to chorizo in skillet; stir. Cook about 4 minutes, stirring constantly, until eggs are scrambled and set.
- Spread butter on toasted slices of bread; place toast on individual plates. Spoon eggs and sausage over toast.
- Sprinkle with cilantro.

Nutrition Facts

  

 **PROTEIN 20.17%**  **FAT 78.66%**  **CARBS 1.17%**

Properties

Glycemic Index:20.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:11.58043478818%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 394.95kcal (19.75%), Fat: 33.91g (52.17%), Saturated Fat: 14.57g (91.04%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.34g (0.38%), Cholesterol: 396.17mg (132.06%), Sodium: 409.18mg (17.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.57g (39.14%), Selenium: 34.33µg (49.04%), Vitamin B2: 0.44mg (25.61%), Phosphorus: 228.24mg (22.82%), Vitamin A: 945.21IU (18.9%), Vitamin B12: 0.98µg (16.25%), Vitamin B5: 1.56mg (15.62%), Vitamin D: 1.9µg (12.69%), Vitamin B6: 0.25mg (12.35%), Iron: 2.17mg (12.06%), Folate: 42.19µg (10.55%), Zinc: 1.57mg (10.48%), Vitamin C: 7.98mg (9.68%), Vitamin B1: 0.14mg (9.04%), Vitamin E: 1.27mg (8.44%), Vitamin B3: 1.53mg (7.64%), Calcium: 62mg (6.2%), Potassium: 199.61mg (5.7%), Copper: 0.08mg (4.04%), Magnesium: 15.28mg (3.82%), Vitamin K: 3.85µg (3.67%), Manganese: 0.03mg (1.64%)